Butternut Squash with Chicken Risotto

Servings: 6 Prep Time: 10 mins Cook Time: 1 hours 30 mins Total Time: 1 hours 40 mins

Ingredients

- 4 chicken thighs, diced
- 2 tablespoons olive oil
- 4 cups butternut squash, cubed
- ½ yellow onion, medium, diced
- 2 garlic cloves, minced
- 1 cup mushrooms, diced
- ½ cup green beans, diced
- 4 cups chicken broth
- 1 cup uncooked brown rice
- Salt to taste
- 1 T fresh sage, chopped
- ½ cup shredded parmesan cheese (optional)

Instructions

1. Preheat the oven to 400°.
2. Toss butternut squash with 1 tablespoon of olive oil.
3. Line the baking sheet with aluminum foil and evenly space the squash, bake 20 minutes or until caramelized and tender.
4. In saucepan, heat the chicken broth.
5. Heat a **separate** pot and place 1 T of olive oil in and cook chicken until golden brown, set aside. Splash a tablespoon of water into the pot and deglaze the pot.
6. Add the onion, mushrooms and garlic to the deglazed pot and cook for 2-3 minutes.
7. Stir the squash, green beans and uncooked brown rice into the veggies.
8. Add the broth, ¾ cup at a time, and stir continuously to allow each addition of broth to be absorbed before adding the next. Cook until the rice is soft and creamy.
9. Season to taste with salt and mix in shredded parmesan cheese.
10. Serve with a sage garnish and enjoy.

Nutrition Facts Serving Size: 1 Serving Per Recipe: 6

Calories		330
% Daily Value*		
Total Fat 8.9g		**13%**
Saturated Fat	2.5g	**12%**
Trans Fat	0g	
Sodium	227mg	**9%**

Total Carbohydrate	38.2g	**12%**
Dietary Fiber	3.7g	**14%**
Sugars	2.7g	
Protein	26.2g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: